

AlwaysOn TAKES WELLNESS ON THE GO



Well onTarget® makes it easy to fit wellness into your schedule with the AlwaysOn Wellness app.

Meet your wellness needs

The AlwaysOn Wellness mobile app has a wide variety of easy-to-use, features that let you:

- take your Health Assessment*
- set personal health and wellness goals and track your progress
- take an online educational course
- view your Blue PointsSM balance**
- track data synced from fitness devices and apps

Follow these steps to get started:

1. Go to www.wellontarget.com and register if you haven't already.
2. Download the AlwaysOn Wellness mobile app in the Apple App Store or Google Play store.
3. Open the app and click **Create an Account**.
4. Follow the prompts to verify information from your member ID card.

Questions about the app or the Well onTarget program?

Call a Personal Health Guide at **1-866-355-5999**.

The mobile app is available for iPhone® and Android™ smartphones. It can help you regularly connect with your wellness program, work on goals and stay inspired — anytime, anywhere.

* Well onTarget is a voluntary wellness program available to all TRS-ActiveCare participants. Completion of the Health Assessment is not required for participation in the program.

** Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at www.wellontarget.com for further information. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

AlwaysOn is owned and operated by Onlife Health Inc. an independent company that provides digital health management for members with coverage through Blue Cross and Blue Shield of Texas. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

Well onTarget®



BlueCross BlueShield of Texas

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